

# Obesity in Washington

## Facts about nutrition, physical activity, and obesity in Washington State:

### Obesity

- Overweight and obese individuals (BMI of 25 and above) are at increased risk for physical ailments such as: high blood pressure, hypertension, high blood cholesterol, type 2 diabetes, insulin resistance, coronary heart disease, stroke, gout, osteoarthritis, obstructive sleep apnea and respiratory problems, and some types of cancer.
- The obesity rate among adults in Washington State increased by 127% from 1990 to 2002. Over 60% of the adults in Washington State are overweight or obese.
- 21% of Washington State high school students are overweight or at risk of becoming overweight.

For more information about nutrition, physical activity, and obesity contact:

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## Fact Sheet

The Cardiovascular, Diabetes, Nutrition and Physical Activity Section at the Department of Health (DOH) is committed to decreasing obesity in Washington State.

State and federal funds make it possible for DOH to:

- **Promote the Washington State Nutrition and Physical Activity Plan.** The plan provides a framework for policy makers at the state, local and institutional levels to support and build environments that make it easier for Washington State residents to choose healthy foods and to be physically active. The goals are to:
  - slow the increase in the proportion of adults who are obese
  - reduce rates of chronic disease
  - improve the quality of life
- **Implement Healthy Community Projects.** This project supports selected communities as they implement strategies from the state nutrition and physical activity plan. The Healthy Community Project is currently being implemented in the cities of Moses Lake and Mount Vernon.
- **Support nutrition and physical activity projects across the state.** DOH and statewide partners have implemented projects around the state that target six areas:
  - Increase Access to Health Promoting Foods
  - Reducing Hunger and Food Insecurity
  - Increase the Proportion of Mothers Who Breastfeed their Infants and Toddlers
  - Increase Physical Activity Opportunities Available to Children
  - Increase the Number of Active Community Environments
  - Increase Access to Free or Low Cost Recreational Opportunities for Physical Activity
- **Work collaboratively with partners around the state.** Obesity prevention requires teamwork. DOH works with other state agencies, county, cities, professional associations, community coalitions, private industry, and media to build a multilevel approach that address the multiple causes of obesity in our state.

**Our mission is to promote nutrition, physical activity and optimal care to prevent or treat obesity, diabetes and cardiovascular disease in Washington State.**